SUPER BOWL 'BRINGS WINGS OUT' IN LONDONERS

BIG SCREENS, BIG POTS OF CHILI, COLD BEER AND HOT WINGS ARE JUST A FEW OF THE THINGS THAT MADE SUNDAY SUPER FOR LOCAL FANS PAGE 3

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

$20 MILLION WINNER

LONDON metro®

Monday, February 4, 2013

News worth sharing.

metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

BALTIMORE BRINGS IT

Baltimore Ravens fans celebrate at a pub in Baltimore on Sunday after their team scored the third touchdown against the San Francisco 49ers during the Super Bowl. The Ravens beat the 49ers 34 -31. More coverage, pages 3, 7 and 13. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

You can't take the kid outta these Knights

Pre-practice one-on-one recalls players' younger days PAGE 14

RCMP kept eye on Occupy

Mounties compiled dossier on Occupy activists in Ottawa, report reveals PAGE 4

What goes around...

Young Londoner returns to work at the centre that got her on her feet PAGE 6

Wiarton Willie wakes up to spring

Groundhog Day brings mix of predictions PAGE 2

LASIK MD VISION

FREE Consultation
1-855-895-2020 • lasikmd.com

LASIK NOW, PAY LATER†
$0 $0 0%
OFFER EXTENDED!
DOWN PAYMENTS INTEREST

DON'T PAY FOR 1 FULL YEAR!

LASER VISION CORRECTION
Starting at
$490/eye*
All-Laser LASIK Available

†Subject to Desjardins Card Services credit approval. Patients must book their procedure by February 28, 2013 and complete their procedure by March 31, 2013 to be eligible. Applicable to Custom LASIK on both eyes only. Cannot be combined with any other offer. *Prices are subject to change without prior notice and vary based on prescription strength. Other conditions may apply.

NEWS 1

Council rethinks Ontario Works office locations

Five new sites. Plan would see downtown office closed, offices opened across city

ANGELA MULLINS
angela.mullins@metronews.ca

City officials are pitching a multi-year plan that would close the welfare office at Richmond and Dundas Streets by 2017.

Requiring an estimated $10.5 million, the plan would replace the downtown office with five scattered across London — one in the northeast, one in the northwest, one in the southeast, one in the southwest and a central site east of the core. Between $1.5 and $2 million would be covered with provincial money.

The change would lead to better and more convenient service for Ontario Works recipients, officials say.

Coun. Judy Bryant, whose ward includes downtown, agrees. "The people who use these services are actually scattered throughout the whole city," she said.

A staff report headed to Monday's community and protective services committee meeting backs the perspective.

The existing office serves nearly 11,000 households — the equivalent of about 24,000 individuals and families — but only eight per cent of the welfare caseload lives in the core, according to a staff report headed to Monday's community and protective services committee meeting.

Homes for the remaining 92 per cent of recipients are split almost equally among the areas slated for new offices.

Handling Ontario Works cases through only one office is an "antiquated model" and other municipalities similar to London have moved away from the practice, the report says.

"A factor that contributes to the stigma of being an Ontario Works recipient is that the public's inaccurate negative perceptions" of the downtown office, the report reads. "There is a long-standing belief in London that the state of disorder that exists at the Market Tower corner is due to the presence of the central Ontario Works office and the mass congregation of Ontario Works recipients at that location."

At a glance

- City staff had pitched creating multiple Ontario Works offices in 2010 and 2011, but capital costs weren't supported at budget time.
- Some money for changes has been set aside in city reserve funds and new money wouldn't be needed until 2014 under the new proposal.
- The first office would open at the South London Community Centre, with a cost of about $6.5 million.
- The southwest office would open by the end of 2014, the southeast office would open by the end of 2015, and offices near downtown, and in the northwest would open by the end of 2016.

The city's Ontario Works office is housed in Market Tower, pictured above, at Richmond and Dundas streets. Administrators are suggesting the office be closed and services relocated by the time the lease expires March 31, 2017. ANGELA MULLINS/METRO

Conflicting reports. Canadian groundhogs in disagreement over spring's proximity

Canada's prognosticating rodents are split on whether the country is in for an early spring or six more weeks of winter.

Wiarton Willie, Canada's most celebrated of all its furry forecasters, is predicting an early spring, siding with Pennsylvania's Punxsutawney Phil — generally regarded as the groundhog of record.

Manitoba's lesser known Winnipeg Willow also failed to see her shadow Saturday morning, meaning she believes spring is around the corner. That contrasted with Manitoba Merv — a gopher-like puppet north of Winnipeg — which predicted a long winter.

A spectator listens to Wiarton Willie's weather prediction on Saturday. FRANK GUNN/THE CANADIAN PRESS

Alberta's Balzac Billy, which is really a person in a costume, predicted a quick end to winter — giving a thumbs up to a cheering crowd when he couldn't see his shadow in a Calgary garden centre parking lot.

But Nova Scotia's Shubenacadie Sam and Quebec's Fred are calling for more cold weather.

Folklore has it that if a groundhog sees its shadow on Groundhog Day it'll flee back to its burrow, heralding six more weeks of winter, and if it doesn't, it means spring's just around the corner.

THE CANADIAN PRESS

Roxbury Pub & Grill

Man charged after stabbing

A London man faces several charges after a stabbing early Saturday at the Roxbury Pub & Grill. Police found a bouncer with a stab wound to his upper torso. When they arrived around 2:20 a.m. the suspect had already fled the scene. Police found the suspect and knife a short distance away. The victim is in stable condition at a hospital. Justinn South, 20, is charged with aggravated assault, possession of a dangerous weapon, mischief under $5,000 and two counts of failing to comply with a probation order. METRO

Northeast London

Crash sends two to hospital

Two people were transported to hospital after a crash in London's northeast end Friday night.

Middlesex London EMS say they responded to a collision between two vehicles on Fanshawe Park Road East in the area of Trossacks Avenue and Stoneycreek Crescent around 7 p.m. Friday.

Details about the nature of the crash were still unavailable, but EMS officials said two people were transported to hospital for treatment of non-life-threatening injuries. AM980/AM980.CA

Wingin' it for Super Bowl XLVII

Parties, pizza and plenty of beer. This is not just any weekend —it's Super Bowl Sunday in London

People divvy up squares on a Super Bowl betting chart as the football crowd builds Sunday at Alibi Roadhouse (25 Oxford St. W.). The Baltimore Ravens-San Francisco 49ers gridiron battle meant booming business for London bars. Some sold advance tickets and others planned special giveaways to draw crowds. ANGELA MULLINS/METRO

Restaurants and bars in the city were prepared for the the annual tradition of food and football on Sunday.

Ring-a-Wing manager Kellie Gill told AM980 before the Baltimore Ravens faced the San Francisco 49ers that she was excited for the rush.

"I don't know what it is with Super Bowl, but Super Bowl brings wings out in people," Gill laughed.

"I would say this is definitely one of the biggest days of the year. So that's why we have to have every single staff member on and everyone ready and prepared to go. We have to prepare the day before; we don't even have time in the morning to do our normal everyday prep."

The London Ale House on Dundas Street at Wellington Street was also expecting a busy day.

"Every screen will be on the Super Bowl," said bartender Brittany DeMelo.

"They're going to have the sound on the front, the back. We've got the projectors in the back and the front, so anywhere you sit, you'll be able to see the game."

London police was encouraging everyone to enjoy themselves while remaining safe.

RIDE programs were scattered around the city, with police on the lookout for impaired, aggressive or otherwise dangerous drivers. **AM980/AM980.CA**

Twitter & Facebook

What do you think, London? The best part of Super Bowl Sunday is ...

@lucancbj
a big pot of chili, a cold beer, and having ALL my boys home to watch the game.

@BrianBlatnicki
... I've been to a few parties - always fun to wear an irrelevent team jersey like @MapleLeafs

@Bawls11
the best part of Super Bowl Sunday is cool ranch Doritos! #yum

@ronnyzoo
Being more productive because twitter is full of stupid football tweets.

Ivan Raszl
The ads

Mike Lewis
It's the Superbowl?

Employment. London Youth Advisory Council tackles youth jobless rate

A team of young Londoners worried about job prospects are pulling together a youth-employment strategy they hope will be heeded by city leaders.

It's a matter that's near and dear to 23-year-old Sonja Fernandes' heart. "I'm finding it difficult to find full-time work," said Fernandes, a Markham native who's held multiple short-term jobs since graduating from Huron University College in June.

"I don't want to go back to Toronto," she said. "That's why I'm so passionate about developing something here that's sustainable."

Fernandes is part of a trio of London Youth Advisory Council members working on the plan, expected to be presented in March to groups including the London Economic Development Corp (LEDC).

The strategy will come on the heels of a London Community Foundation report that put the youth jobless rate at 18.7 per cent — 1.7 per cent and 3.9 per cent higher than national and provincial averages, respectively.

Matt Ross FACEBOOK

"I think the LEDC recognizes there needs to be a youth-employment strategy, but I think their priority or target market is not (youths)," Fernandes said.

Addressing the employment quandary is one of the several projects the youth advisory council has taken on in its first term.

Created by London native Matt Ross, 24, the council is a team of 17 people working to highlight the youth agenda and have a say on the city's future.

Their work is starting to pay off, said Ross, the group's executive director.

"It's having even more impact than I expected at the beginning," Ross said. "It's creating a lot of buy-in from people across the community. It's kind of connecting two generations in a pretty interesting way." **ANGELA MULLINS/METRO**

Get involved

The London Youth Advisory Council's first term expires in September and leaders are looking for new candidates.

- The application deadline for candidates is midnight Feb. 7. Community-wide voting starts Feb. 9. Visit lyac.ca for details.

Western University

Career Week may hook you up with a career-oriented job

The Student Success Centre at Western University is holding its sixth annual Career Week from Monday to Friday.

Career Week is hosted in partnership with departments across campus to offer a variety of faculty-specific events, workshops, keynote speakers and networking opportunities. The goal of the week is to help students create an experience tailored to their career needs at this very moment — whether they are in first year or about to graduate.

Career Week 2013 is themed around career exploration. For more information, visit careerweek.uwo.ca or follow @UWO_CareerWeek. **METRO**

DID THE LOSS OF A FAMILY MEMBER BEFORE JUNE 14, 2010, RESULT IN A CORONER'S INVESTIGATION AND AUTOPSY?

IF SO, IT IS POSSIBLE THAT AN ORGAN WAS RETAINED AFTER AUTOPSY.

When deaths are investigated, pathologists sometimes retain an organ for further testing to help determine the cause of death.

In the past, family members may not have been notified that an organ had been retained. Now, families are routinely notified when an organ is retained and their wishes are sought regarding how the organ should be treated after testing is complete.

The Ontario Forensic Pathology Service is reaching out to anyone for whom the loss of a family member before June 14, 2010, resulted in a coroner's investigation and autopsy.

Immediate family members and personal representatives (i.e. those responsible for administering an estate) are invited to contact us to find out if an organ was retained in their case.

Some organs that were initially retained are no longer available due to the practices of the time. Others are still at the hospital or forensic pathology unit where the autopsy took place. In those cases, affected families and personal representatives may now request that the organ be sent to a funeral home for cremation or burial. Expenses will be covered by the Ontario Forensic Pathology Service and the Office of the Chief Coroner.

Remaining organs retained before June 14, 2010, will be respectfully disposed of beginning on June 14, 2013. This is in accordance with regulations made under the *Coroners Act*.

A toll-free telephone line has been set up. Contact us at 1-855-564-4122 or visit our website at Ontario.ca/OrganRetention.

OrganRetention@Ontario.ca
Ontario Forensic Pathology Service
26 Grenville Street
Toronto, ON M7A 2G9

Ontario.ca/OrganRetention • 1-855-564-4122

Paid for by the Government of Ontario

Ontario

RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social media sites and counted participants

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media sites and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor the protests from its offices.

The documents show NCC staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request from The Canadian Press.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence at 24 Sussex Drive, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. THE CANADIAN PRESS

Priorities

"The RCMP has limited resources and there are lots of threats out there. There must have been a decision ... that this was a worthwhile target."

Wesley Wark, security and intelligence expert from the University of Toronto

Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

Landslide investigation begins

Provincial police have begun some analysis on the site and in the pit.
GRAHAM HUGHES/THE CANADIAN PRESS

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

Officers will try to determine the circumstances of the accident now that the recovery effort is over, said police spokesman Gregory Gomez on Sunday.

The bodies of two missing workers — a woman and a man — were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Police will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said,

Maskimo Construction has come under scrutiny before. The company was fined in 2008 after failing to follow safety protocols when a worker was run over by a truck a year earlier.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described them as responsible.

Jacques Nadeau, spokesman for Quebec's workplace safety board, said the investigation would include interviewing workers at the site and geological experts.

"We'll have to look at the history behind the company, but every accident is unique," he said, adding that the investigation would take about six months. THE CANADIAN PRESS

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

Victoria, B.C. Trip to the Super Bowl goes to pot

A decades-old pot possession charge cost a Victoria man the trip of a lifetime.

Myles Wilkinson beat nearly four million contestants to win a trip to the Super Bowl in New Orleans, but his victory went up in smoke when Toronto airport border guards blocked him from crossing this week due to a 32-year-old charge for less than two grams of cannabis.

At the time, a teenaged Wilkinson paid a $50 fine.

This is an "all too common" story, said Dana Larsen, director of the Sensible B.C. campaign to hold a referendum on decriminalizing cannabis.

"Any kind of possession conviction means a lifetime ban on crossing the U.S. border," Larsen said, adding that someone charged but not convicted can still be refused entry to the States.

Wilkinson plans to join the Sensible B.C. campaign.

Bud Light Canada, the sponsor of the all-expenses-paid contest trip, invited Wilkinson to its Super Bowl party at the Commodore in Vancouver as a consolation prize.

EMILY JACKSON/METRO IN VANCOUVER

London, England

Man Tasered outside royal palace

Police used a stun gun to arrest a man armed with knives outside Buckingham Palace on Sunday, as throngs of tourists gathered to watch the Changing of the Guard ceremony there.

Scotland Yard said the man was spotted carrying two knives outside the central gate of the London tourist landmark. He did not threaten other people at the scene, but acted aggressively when challenged by police.

A video posted to YouTube showed the man putting a kitchen knife to his neck and shouting. He took several swipes at a policeman, who fired the stun gun. THE ASSOCIATED PRESS

Twitter hacking may affect 250K accounts

Cyberspying. Social-media giant has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is among a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyberattack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small percentage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including The New York Times and The Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, The Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent cybersecurity blog.

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS

Quoted

"(The attack) was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, writing in a blog post.

In this September 2010 photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service. THE CANADIAN PRESS

New model of music

- Rdio CEO Drew Larner says the battle the entire music-streaming industry faces is in convincing the public that $5 or $10 a month is a bargain to gain access to a huge, growing catalogue of songs — and that it's a much better deal than the old way of paying to own individual albums or tracks.
- Last week Rdio announced it was offering up to six months of free streaming in Canada in a bid to hook music fans on the service and then convert them into paying subscribers. Users who binge on music will find the free offer expires before six months is through.

Etch A Sketch inventor dies, age 86

Andre Cassagnes, the inventor of the Etch A Sketch toy that generations of children drew on, shook up and started over, has died in France, the toy's maker said.

Cassagnes died Jan. 16 in a Paris suburb at age 86, said the Ohio Art Co., based in Bryan in northwest Ohio. The cause wasn't disclosed. "(Andre's) invention brought joy to so many over such a long period of time," said Larry Killgallon, president of Ohio Art.

Then an electrical technician, Cassagnes came upon the Etch A Sketch idea in the late 1950s when he peeled a translucent decal from a light-switch plate and found pencil-mark images transferred to the opposite face, the Toy Industry Association said.

Ohio Art saw his idea at the Nuremberg Toy Fair in 1959. The toy, with its grey screen, red frame and two white knobs that are twisted back and forth to create drawings, was launched in 1960 and became the top seller that holiday season. More than 100 million have sold worldwide since.

Though passed over in popularity for video games and gadgets, the toy has a steady market, the company has said. It got a big jump in sales after Etch A Sketch was featured in the first two Toy Story movies, and Ohio Art capitalized on a much-publicized gaffe by a Mitt Romney aide during last year's presidential election, who was asked about his candidate's views during the primary season versus the general election.

He likened the campaign to an Etch A Sketch: "You can kind of shake it up and we start all over again."

Democrats and Republicans alike seized on the remark as evidence Romney was willing to change his positions for political gain. And Ohio Art seized on the publicity, manufacturing blue versions of the famously red toy. THE ASSOCIATED PRESS

Madoff case. Investment profits belong to victims, trustee says

Jailed Wall Street fraudster Bernie Madoff may have finally picked a legitimate winner. A biopharmaceutical company partly owned by the Madoff family had an initial public offering Tuesday that sold $33 million US worth of stock.

The New York Post reports that Madoff's initial $2.2-million US investment in the company, Stemline Therapeutics, is now worth $5.5 million on paper. But the scammer might not be able to keep the money.

The trustee overseeing efforts to untangle Madoff's Ponzi scheme says the family's shares rightfully belong to his defrauded clients.

He has filed a lawsuit seeking to seize those shares on behalf of fraud victims. THE ASSOCIATED PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile phone service provider Asiacell began on Sunday to sell shares on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein. THE ASSOCIATED PRESS

Aerospace

Boeing engineers take strike vote amid 787 woes

Just when Boeing really needs its engineers, they're voting on whether to strike. It's bad timing for Boeing. The aircraft maker is working around the clock to solve battery problems that have grounded its 787s worldwide, and unionized engineers are a big part of that effort. The vote begins Tuesday and runs through Feb. 19. The union has recommended its members reject Boeing's contract proposal. THE ASSOCIATED PRESS

Hidden assets

$70M man was Iran's top banker, report says

The German newspaper Bild am Sonntag reports that a man caught last month trying to enter Germany with a cheque worth about $69.7 million was Iran's former central bank chief. The weekly reports that customs officials at Duesseldorf airport found the cheque in Tahmasb Mazaheri's luggage Jan. 21 upon his arrival from Turkey. Mazaheri was the governor of the Central Bank of Iran until 2008. THE ASSOCIATED PRESS

Do you suffer from Diarrhea Predominant Irritable Bowel Syndrome or IBS-d?
Join a clinical research trial to evaluate the effectiveness of an investigational medication, or inactive placebo, for Irritable Bowel Syndrome with diarrhea.
Contact us now, see if you qualify!
Qualified Participants will be compensated up to $$0.00/visit
Contact KGK Synergize Clinic:
519-858-8259
KGK synergize

Come in. *Start again.*

Debts spinning out of control? Feeling overwhelmed?
We're here for YOU. For a FREE financial assesment, meet with us and learn about our solutions. Learn how you can stop the collection calls, protect your assets, make one manageable payment on debt and *start again.*

519.310.FREE
or visit us at **www.mclay.ca**

McLay
Trustee in Bankruptcy

Helping people throughout Southwestern Ontario with debt relief for over 20 years.

LONDONER PAYS IT FORWARD TO ORGANIZATION

URBAN COMPASS
Todd Devlin
london@metronews.ca

In some ways, Devon Trowell has come full circle.

Four years ago, the now-22-year-old Londoner was in dire straights. Out of school and without an income, Trowell was also essentially homeless. Her struggle led her to the Youth Action Centre, a branch within London's Youth Opportunities Unlimited (YOU).

There, she received some much-needed guidance. Staff helped her fill out an application to live in The Cornerstone, an affordable housing complex downtown, and within a week she had been approved for both the housing and for Ontario Works.

Immediately, Trowell immersed herself in the resources available at YOU, including educational offerings, as well as volunteer and employment opportunities. Once back on her feet, she left the supportive housing environment and got a place of her own.

In 2012, she returned. Not as a resident this time, but as an employee. Trowell currently serves as the on-site superintendent at the housing facility. She credits YOU a great deal in helping turn her life around.

"I learned how to live independently and I gained quite a bit of work and volunteer experience," she said. "(YOU) has helped me realize my potential and how I can use it for the better."

On Tuesday, she will share her story of resiliency in her keynote address, Understanding Me, at the annual Breakfast for YOU event, which will be held at the London Convention Centre from 7 to 9 a.m.

Trowell will talk about the beginning of her struggles, growing up as a bullying victim because of her sexual orientation, as well as her additional problems at home and at school. But perhaps more importantly, she'll address her ability to overcome those obstacles and convey a message of hope to others struggling with their own issues.

"I want all youth to know that no struggle is too small, and no question is too dumb," she said. "Sometimes you may need a hand up, other times you may just need someone to point you in the right direction. But there is always someone who cares and is willing to help."

At YOU, that help may be in the areas of housing, mental health, addiction or job search and employment. The mission of the organization, after all, is to unlock the potential of local youth by empowering them and enhancing their skills — both in life and on the job.

With a good deal of knowledge now under her belt, Trowell has her sights set on a career as a police officer. She's hoping to be applying to police forces in five years after completing a degree in criminology.

"I want to put all the personal and professional experience YOU has offered me towards understanding and helping others," she said. "Something that I'm passionate about and where I can give back to our community."

Besides the keynote addresses from Trowell and Valerie Christie, Tuesday's breakfast will also include an auction and a raffle for a getaway trip to Stratford valued at $1,000. All proceeds from the event will go toward YOU's ongoing programs and services for local youth. The organization is helping to provide them with better futures.

Check out: you.ca.

Follow Todd Devlin on Twitter @UrbanCompassLdn

Devon Trowell will deliver the keynote address at Youth Opportunities Unlimited's breakfast event Tuesday. CONTRIBUTED

Vegan bark may have bite

VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs. **THE CANADIAN PRESS**

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland
A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. **THE CANADIAN PRESS**

Covering a lot of ground in South Sudan

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Here's a great idea that should really stick. Step onto the University of Western Ontario campus and you're likely to see some uniquely decorated laptops, thanks to Covers4Change, a student-run initiative that produces and sells artistic, original laptop stickers.

But the stickers are more than just pretty decals — 100 per cent of Covers4Change's profit goes to Halifax-based Wadeng Wings of Hope, a charity that works in South Sudan on projects involving children's education and well-being. Since its launch in September, Covers4Change has raised $250, and hopes that demand increases, allowing the group to donate as much as possible to a cause close to their hearts.

"(As students) we all chose to go to university," says Kara Gabriel, one of four Covers4Change co-founders. "And we should make sure that children across the globe have the same chance."

To learn more, visit facebook.com/covers4change.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner Free The Children.
Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees.
Email us for more information and to get involved. Help the good news get around.
Send your stories to goodnews@metowe.com and we'll share them right here.

metro
President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

What a girl wants

Juno's new host with the most

Ladies, you might want to sit down for this: Michael Bublé has been revealed as the host of the 2013 Juno Awards gala.

The charming Vancouver crooner, who's proved a quick-witted hit at the podium whilst collecting numerous Juno and Grammy trophies in the past, announced his forthcoming duties in a characteristically droll TV spot aired during CTV's Super Bowl broadcast on Sunday night. It found him lounging in bed trading quips with Can-rock couple Chad Kroeger and Avril Lavigne. TORSTAR NEWS SERVICE

Bringing sexy back (finally)

Justin Timberlake performs in New Orleans, La. GETTY IMAGES

One of the most anticipated musical moments of the year so far was connected to the Super Bowl, but had nothing to do with Beyoncé.

Instead, it was Justin Timberlake who had New Orleans buzzing as he gave his first performance in nearly five years — a sizzling, hour-long concert that featured the nattily dressed entertainer with a more than 10-piece band and guest appearances by Timbaland and Jay-Z. The performance was all part of DirecTV's Super Bowl-eve bash.

Timberlake hadn't released new music in years, instead concentrating on acting. THE ASSOCIATED PRESS

Beyoncé, centre, Kelly Rowland, right, and Michelle Williams of Destiny's Child, perform during the halftime show of the NFL Super Bowl XLVII between the San Francisco 49ers and the Baltimore Ravens, Sunday, in New Orleans. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Beyoncé delivers the goods at Super Bowl

Now put your hands up. She put an awesome show on it — and this time it was live

Beyoncé sang like she had something to prove at the Super Bowl, balancing out the testosterone levels on the football field with a dance-heavy performance that featured her Destiny's Child band mates and an all-female band.

She emerged onstage singing some of Love on Top, transitioning to her hit Crazy In Love in an all-black ensemble, which matched the dark stage. She ripped off part of her shirt and skirt as she danced hard with background dancers doing the same.

She sang live — and sounded good. Days after admitting to singing to a pre-recorded track at President Barack Obama's inauguration, she proved herself to any doubters and added a few off-script remarks as if to show her microphone was on.

Her background singers helped out as Beyoncé danced around the stage throughout most of the 13-minute performance. She was especially top-notch during End of Time and Baby Boy.

She had a swarm of background dancers and band members spread throughout the stage, along with videotaped images of herself dancing. And the crowd got bigger when she was joined by her Destiny's Child band mates.

Kelly Rowland and Michelle Williams popped up from below the stage to sing Bootylicious. They were in similar outfits, singing and dancing closely as they harmonized. But Rowland and Williams were barely heard when the group sang Independent Woman, as their voices faded into the background.

They also joined in for some of Single Ladies (Put a Ring On It), where Beyoncé's voice grew stronger.

She asked the crowd to put their hands toward her as she belted the slow groove Halo on bended knee — and that's when the performance hit its high note.

Before the game, Alicia Keys performed a piano-tinged version of the national anthem. The Grammy-winning singer played the piano as she sang The Star Spangled Banner in a long red dress. THE ASSOCIATED PRESS

Sandy Hook

Students join Hudson on stage

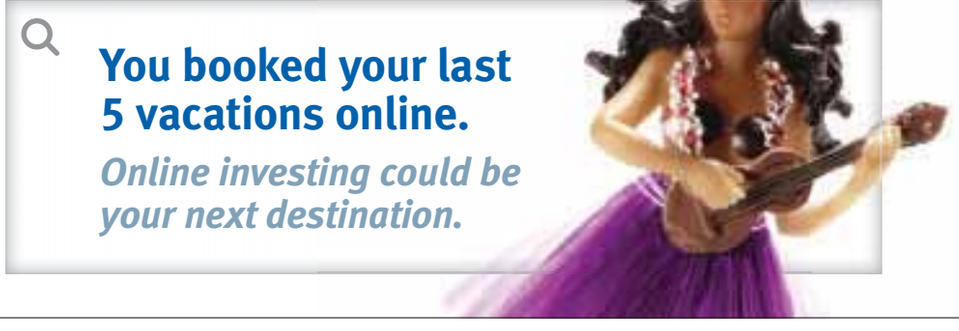
As 26 children in white shirts walked to the centre of the Superdome field to sing, a packed crowd in the Big Easy fell silent.

The chorus from Sandy Hook Elementary School, nearly two months after a deadly shooting rampage, joined Jennifer Hudson to deliver a stirring rendition of America the Beautiful that had some players on the sideline and countless fans in the stands on the verge of tears. THE ASSOCIATED PRESS

SCENE

#1 in client service five years in a row.[1]

RBC Direct Investing



You booked your last 5 vacations online.

Online investing could be your next destination.

RBC Direct Investing™
It's like online shopping for investments.

rbc.com/destination

RBC Direct Investing Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. RBC Direct Investing Inc. does not provide investment advice or recommendations regarding the purchase or sale of any securities. Investors are responsible for their own investment decisions. RBC Direct Investing is a business name used by RBC Direct Investing Inc. *Member – Canadian Investor Protection Fund. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. Used under licence. © Royal Bank of Canada 2013. All rights reserved. RBC Direct Investing was ranked number one by Dalbar Inc. in 2007, 2008, 2009, 2010 and 2011. The annual Dalbar Direct Brokerage Service Award rankings are based on evaluations made over the calendar year, measuring a company's quality of performance in product knowledge, professionalism and their ability to provide value-added service.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long

THE WORD
Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host, who popped by the Godiva boutique in New York last Thursday to launch their Share the Love Valentine's Day Sweepstakes.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

Holmes on Valentine's Day

Don't worry about the newly single Katie Holmes and how she'll spend her Valentine's Day — the actress said her Valentine's Day tradition includes making red pancakes. Her mother made them for her ever since she was a child and she wants to continue this tradition with daughter, Suri, on Feb. 14. Sorry, Tom.

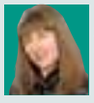
Nicole Kidman

'No surgery for me,' says Kidman on her age-defying looks

Despite numerous reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery. "No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again." So how does the Australian actress keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that," she said. "Anybody can do anything to themselves — I don't judge — but personally, I believe in being physically fit."

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones



STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads: 1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs." 3) The Hong Kong millionaire, who this fall offered $65 million to any man who could convince the millionaire's lesbian daughter to divorce her wife and marry a dude, reiterates his offer.

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Justin Bieber gropes a fan's breast at a meet and greet. Selena Gomez decides to spend two or three days in bed, watching The Notebook over and over and not washing her hair.

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash komes from kids," "Kashing in on kute kids" and "Kids! kan they be konverted into more kash?"

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.

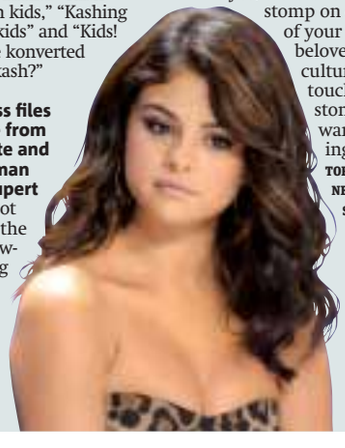
Lindsay Lohan

Carole Mallory, author of a book about her affair with Norman Mailer, has written a new book about sleeping with famous men. In it, she says that Robert De Niro used to keep his socks on. "That totally ruined all my elaborate erotic fantasies involving Robert De Niro," said absolutely no one.

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatevs," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Sources say it was only the respective entourages who were fighting. 3) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings.



TORSTAR NEWS SERVICE

Frank Ocean

Ocean takes high road by not 'mutilating' Brown after studio brawl

Frank Ocean has decided not to press charges against Chris Brown after their brawl outside a Los Angeles recording studio last week, he revealed in a post to his Tumblr blog. "As a child, I thought if someone jumped me it would result in me murdering or mutilating a man. But as a man I am not a killer, I'm an artist and a modern person," Ocean writes. "I'll choose sanity. No criminal charges. No civil lawsuit. Forgiveness, albeit difficult, is wisdom. Peace, albeit trite, is what I want in my short life."

Penelope Cruz

Baby No. 2 on way for Penelope and Javier

Penelope Cruz is reportedly pregnant with her second child, according to E! News. The Spanish actress is about three months along, sources say, and is thrilled to be pregnant at the same time as her sister, Monica Cruz. Penelope is currently vacationing with husband Javier Bardem on Johnny Depp's private Caribbean island. The couple has a two-year-old son, Leo.

Twitter

@kirstiealley
my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey

@ElizabethHurley
Dragging myself downstairs to put puppy in the garden.....

@JuddApatow
I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.

@SteveMartinToGo
The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?!

Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

Exclusively online

- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Dealing with dinnertime stress? Here's what not to say

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Grilled cheese grows up with onions and tomatoes

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

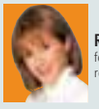
Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese, freshly grated
- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Subway is considered a healthy fast food choice, but you may be surprised at what sandwiches pack the most fat and calories.

Subway tuna sub (6 inch with light mayo & Southwest sauce)

620 calories / 39 g fat
With tuna, mayo and sauce, the calories and fat in the sub equal half your daily calories and fat.

Equivalent

One six-inch Subway tuna sub with Southwest sauce and light mayo is equivalent in calories to five cans of tuna packed in water. Tuna is considered a healthy low fat fish on its own.

Subway steak and cheese sub (6 inch)

380 calories / 10 g fat
Shocking to most, the lean steak and cheese is a healthier option.

HELP ME BUILD A BRIGHTER FUTURE
The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.
PLEASE DONATE
This holiday season, please make a gift to the Friends of the Canadian Museum for Human Rights. Your donation will help build exhibits and programming that will inspire Canadians of all ages to build a better Canada, a better world and a brighter future for us all.
Donate today by visiting friendsofcmhr.com or call 1.866.828.9209
friends of THE CANADIAN MUSEUM FOR HUMAN RIGHTS

Pulled to perfection

1. In a bowl, combine 15 ml (1 tbsp) of the brown sugar, paprika, chili powder, mustard and salt. Rub over all sides of pork. Cover and refrigerate for at least 2 hours or overnight.

2. Place pork in five to six-quart slow cooker. Whisk soup mix and broth; pour over pork. Cover and cook on low 8 to 10 hours or on high 4 to 5 hours, until pork shreds easily with a fork. Transfer pork to a plate and let cool slightly.

This recipe serves eight. THE CANADIAN PRESS H/O

Ingredients

- 60 ml (4 tbsp) packed brown sugar, divided
- 45 ml (3 tbsp) paprika
- 15 ml (1 tbsp) chili powder
- 15 ml (1 tbsp) dry mustard
- 5 ml (1 tsp) salt
- 1.5 kg (3 lb) boneless pork shoulder blade roast, cut into 4 chunks
- 1 envelope (38.5 g/1.4 oz) onion soup mix
- 375 ml (1 1/2 cups) chicken broth
- 1 ml (1/4 tsp) cayenne pepper
- 375 ml (1 1/2 cups) tomato-based chili sauce
- 45 ml (3 tbsp) cider vinegar
- 15 ml (1 tbsp) soy sauce
- Kaiser buns, warmed
- Coleslaw

3. Using spoon, remove excess fat from surface of sauce. Pour sauce into a large saucepan and bring to a boil. Reduce heat and simmer for about 20 minutes, until syrupy. Stir in remaining brown sugar, cayenne, chili sauce, vinegar and soy sauce; simmer for 10 minutes to blend flavours. Adjust seasoning with salt and cayenne, if desired.

4. Transfer pork to a cutting board and add accumulated juices to sauce. Using two forks, shred pork, placing it in a serving bowl. (This is a super-messy job, but worth the effort.) Pour 250 ml (1 cup) sauce over shredded meat, turning pork to absorb sauce. Serve pork on warmed buns, topped with coleslaw, with extra sauce for dipping.

BEST OF BRIDGE SLOW COOKER COOKBOOK BY SALLY VAUGHAN-JOHNSTON & THE BEST OF BRIDGE PUBLISHING LTD. (ROBERT ROSE, ROBERTROSE.CA, 2012).

The In-Credibility Factor

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India
Age: 31
Occupation: Co-founders of Chobhi Scarves

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Ronjiny Basu, above, and her business partner Tanima Majumdar use fabric made with 100 per cent natural fibres for their scarves. PROVIDED

Tanima Majumdar is the photographic force behind Chobhi scarves. PROVIDED

In-Credibility factor:

Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...

"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right now working on producing their spring line and says, "It's been extremely rewarding to see something you are passionate about bloom and grow. Our wish is that our scarves connect with your heart."

Action Plan:

Have a strong business and marketing plan that is customer-centric
It's important to have a product that connects to customer's emotions and links to a lifestyle statement.

Put innovation into your passion by reinventing your products

We're continuously trying to reinvent our strategy for the long term.

Maximize the wonderful world of social media

We used sites like Facebook, Twitter and Pinterest to help us understand our demographic and predict future purchasing patterns.

CAREER TRAINING
Pursue Career Training as a Personal Support Worker
Graduate in 7 months and pursue a career at:
• Long-term care facilities
• Home health care agencies
• Retirement homes/ residences
www.EverestToday.ca
Call Now for More Information!
1-866-777-7844
LONDON
(Citi Plaza, 2nd Floor, corner of Wellington & York)
16 CONVENIENT LOCATIONS IN ONTARIO
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
Programs and schedules vary by campus • Morning and afternoon classes available
Career services assistance available to graduates
Financial assistance may be available for those who qualify

CONGRATULATIONS ATHLETES from...

ub unionburger
FRESH BURGERS AND HAND CUT FRIES

Receive 25% off your next combo*

Compliments of
Monica Miatello &
Joanne Marchant

1422 Fanshawe Park Rd. W.
(@ Ryde Park Rd. just south of Scotiabank)
(519) 474-6736
www.ubburger.com

*Not valid in conjunction with other offers.
VALID AT LONDON LOCATION

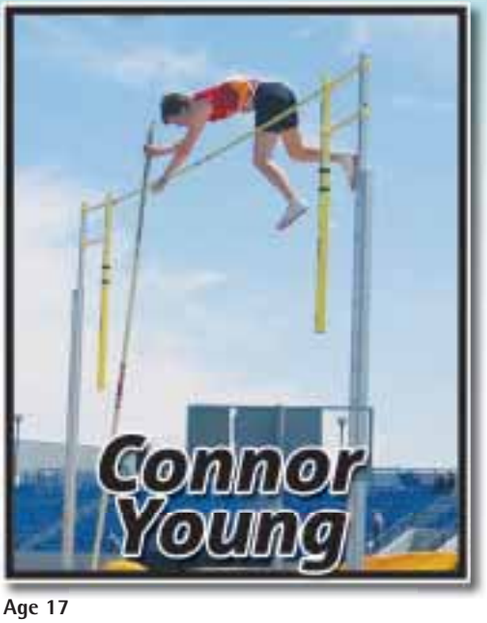
Pita Pit
FRESH THINKING
HEALTHY EATING
699 Richmond St • 519-438-0222

LONDON'S Source for sports
406 WHARNCLIFFE RD. S.
LONDON, ONTARIO
519-673-3810
www.facebook.com/LondonSourceForSports

Congratulations Students!
metro

Metro London Student Athletes of the Week!

Meet Metro's featured students from **Saunders S.S.** This weekly feature highlights exceptional students in London in partnership with the Thames Valley District School Board.



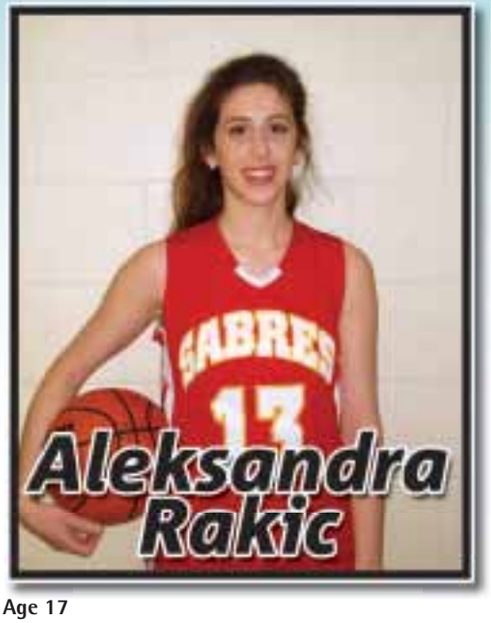
Age 17

Sports: Pole Vaulting, Volleyball and Basketball

Study of Interest in University: Psychology

Athletic Achievements: Two Time Youth Provincial Champion Pole Vaulting, Youth National Champion Pole Vaulting, 2nd Place finish in Midget and Junior OFSAA Pole Vaulting, 4th Place finish in Senior OFSAA Pole Vaulting, Bronze Medalist OFSAA Volleyball, Captain of Senior Basketball Team, Spectra Award Nominee

Community involvement: Volunteer for London Track Meets, Volunteer at Secondary and Elementary Volleyball Tournaments, Referee for Elementary Basketball Tournaments, OVA Provincial Volunteer



Age 17

Sport: Basketball, Volleyball, Track and Field - 800m, 1500m

Study of Interest in College/University: Kinesiology or Medical Science

Athletic Achievements: 2012 Volleyball City Champions and WOSSAA Champions, 2011 and 2012 OFSAA Regionals participant for 800m, 2009 and 2012 Saunders Basketball TVRA All-Star, Fran Wigston Award Nominee

Community Involvement: Scorekeeper at OBA Provincial Championships, OFSAA Volleyball volunteer, fundraising on behalf of Free the Children, SCROOGE volunteer, United Way Campaign volunteer, Cancer Campaign volunteer, Math tutor

STUDENT ATHLETE BROUGHT TO YOU BY...

Cousin Vinny's Pizza & Deli
Give us a call for your after game pizza!
519-645-1116 • PICK-UP OR DELIVERY

4 on 4
A NEW WAY TO PLAY
REGISTER NOW!
Register online at westernfairdistrict.com
LEAGUE STARTS
MAY 4th
Individual Rate $150 per person (taxes incl.)
Team Rate $1,560 per team (taxes incl.)
2013 CO-ED DIVISIONS:
From Novice to Adult 18+
SPORTS CENTRE
WESTERN FAIR district
be entertained
westernfairdistrict.com

HP
HARRISON PENSA
In any case.
www.harrisonpensa.com

Davis Cup

Raonic win leads Canada past No. 1 Spain

Milos Raonic propelled Canada into the second round of the Davis Cup World Group Sunday.

Raonic beat Spain's Guillermo Garcia-Lopez in straight sets — 6-3, 6-4, 6-2 — at UBC's Doug Mitchell Thunderbird Sports Centre. The win gave Canada an insurmountable 3-1 lead in the best-of-five tie with one reverse singles match to play. Raonic was rarely tested by Garcia-Lopez, ranked 82nd in the world, who made his first Davis Cup appearance. Garcia-Lopez was inserted into the do-or-die match by Spanish captain Alex Corretja.

The win marked the first time that Canada has advanced to the second round of the World Group level, which is open to the top 16 countries. Canada is ranked 12th on the Davis Cup table while Spain entered the weekend No. 1.

"It's amazing to do everything we've done," said Raonic.

"I've only been a minor part of it the last few years consistently. And to be able to have this conversation for the first time is pretty amazing."

THE CANADIAN PRESS

Canada's Milos Raonic, centre, of Thornhill, Ont., is mobbed by his teammates. THE CANADIAN PRESS

Baltimore Ravens wide receiver Anquan Boldin stiff-arms San Francisco 49ers cornerback Chris Culliver during Super Bowl XLVII on Sunday in New Orleans. The Ravens won the big game 34-31. GENE PUSKAR/THE ASSOCIATED PRESS

Ravens turn off the lights on 49ers

Super Bowl. Baltimore holds off San Francisco charge following power outage to win NFL championship

A power outage at the Super Bowl put the nation's biggest sporting event on hold for more than a half-hour Sunday, interrupting an otherwise electric, back-and-forth game that ended with Joe Flacco and the Baltimore Ravens as NFL champions thanks to a 34-31 victory over the San Francisco 49ers.

Flacco, voted the MVP, threw three first-half touchdown passes to cap an 11-TD, zero-interception post-season. Jacoby Jones returned the second-half kickoff 108 yards, a Super Bowl record, to give Baltimore a 28-6 lead.

Moments later, lights lining the indoor arena faded, making it difficult to see. When action resumed, Colin Kaepernick and the 49ers scored 17 consecutive points, getting as close as 31-29.

But Baltimore stopped San Francisco on fourth-and-goal from the 5 with under two minutes left when Kaepernick's pass sailed beyond Michael Crabtree in the end zone.

The biggest deficit a team has ever overcome to win a Super Bowl is 10 points, and there were moments where it appeared San Francisco had a chance to better that mark. Instead, the 49ers lost for the first time in six trips to the Super Bowl.

MVP performance

Ravens QB Joe Flacco was 22-for-33 for 287 yards.

The AFC champion Ravens (14-6), a franchise that moved from Cleveland to Baltimore 17 years ago, improved to 2-0 in the big game. They also won the championship in 2001, when linebacker Ray Lewis was voted the game's MVP. Lewis was not a major factor this time, but he was a centre of attention, playing in the final game of his 17-year career before retiring.

This was the 10th time New Orleans hosted the big game — tying Miami for most in a city — and first since Hurricane Katrina devastated the Big Easy in August 2005. THE ASSOCIATED PRESS

4 SPORTS

It's now all fun AND games on Funny 1410!
TORONTO MAPLE LEAFS
Toronto Maple Leaf Play-by-Play.
Follow every game exclusively in London on Funny 1410.
No Joke!
Funny 1410 AM
COMEDY RADIO

Ode to the past: Horvat, Broadhurst stay young

London Knights forwards Tyler Ferry, left, and Alex Broadhurst take part in a pre-practice ritual initialized by Broadhurst and teammate Bo Horvat.
JOHN MATISZ/METRO

OHL. Pair of London Knights go back to the future before practices

JOHN MATISZ
john.matisz@metronews.ca

Major junior hockey, the big business that it has become, tends to disguise the sport's innocent roots.

The full-time lifestyle demands utmost seriousness from players, almost daily. Expectations — on and off the ice — are sky-high, all the time.

This makes it incredibly easy to forget the vast majority of these players have walked the earth for less than two decades. Ontario Hockey League rosters, the London Knights included, are comprised of mainly 17- to 19-year-olds.

Some players find ways to revert back to an earlier time, though.

On the Knights, that's Bo Horvat and Alex Broadhurst, who have an infectious pre-practice habit.

"We have a little ritual, I guess you could say," Horvat said. "We try out some shootout moves, get creative."

While the bulk of the team's roster is in the locker-room still getting dressed for practice, Broadhurst and Horvat hop onto the freshly cleaned ice surface for a game of one-on-one.

One plays goalie, while the other attempts to dangle the puck past the goal line from an arm's length away. It keeps them loose before the hard work of practice sets in.

"We don't really keep a record," said Horvat, who has 23 goals and 23 assists in 51 games as an OHL sophomore. "If you score, you go in net."

Others join in, but the two creators are the constants. The ingenuous activity pays homage to their childhoods back home.

"It's just us being kids," said Broadhurst, a native of Orland Park, Ill. "When I was little, we had basement hockey; our basement is unfinished. We had pond hockey, too."

Broadhurst's brother, Terry, 24, is working his way through the Chicago Blackhawks minor-league system after three years at the University of Nebraska-Omaha. A five-year separation between the siblings obviously did not stop the fun.

The same can be said for Horvat, 17, and his younger brother, Cal.

"When we were little, we'd always strap on the pads for each other downstairs," said Horvat, of his 1998-born brother, who plays for the nearby Elgin-Middlesex Chiefs AAA major bantam squad.

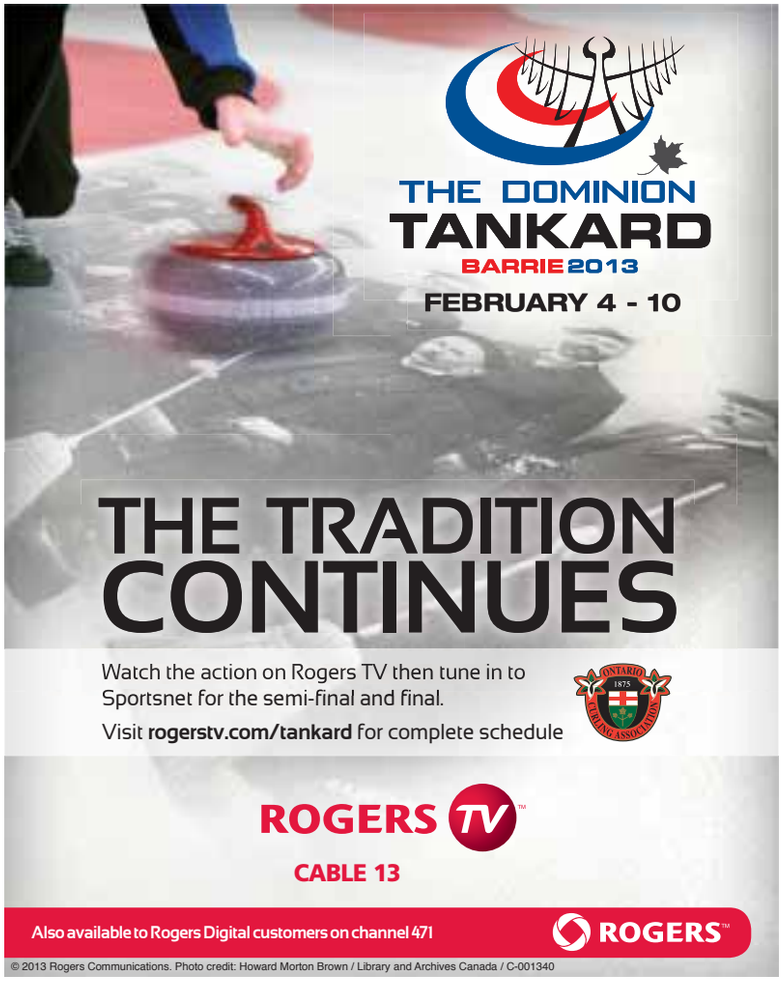
Quoted

"It was big-time in our family. A lot of broken windows, a lot of fun."

London Knights centre Alex Broadhurst, recalling the days of his youth playing basement hockey and pond hockey in his native Orland Park, Ill.

Knights weekend:

- **Friday:** 1-0 win over Brampton.
- **Saturday:** 3-0 win over Owen Sound.
- **Bo Horvat, F** — 2 games played, 0 goals, 0 assists, 0 points.
- **Alex Broadhurst, F** — 2 GP, 1 G, 0 A, 1 PTS


THE DOMINION
TANKARD
BARRIE 2013
FEBRUARY 4 - 10
THE TRADITION CONTINUES
Watch the action on Rogers TV then tune in to Sportsnet for the semi-final and final.
Visit rogerstv.com/tankard for complete schedule
ROGERS TV
CABLE 13
Also available to Rogers Digital customers on channel 471
ROGERS
© 2013 Rogers Communications. Photo credit: Howard Morton Brown / Library and Archives Canada / C-001340

NHL

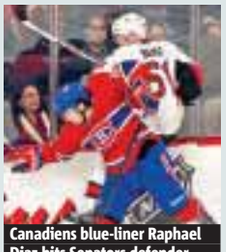
Canadiens cap off perfect weekend vs. Senators

David Desharnais and Erik Cole scored in the first period and the Montreal Canadiens hung on for a 2-1 victory over the Ottawa Senators on Sunday afternoon.

The win completed a sweep of weekend matinees at home for Montreal (6-2-0) after a 6-1 win Saturday over the Buffalo Sabres. The Canadiens have won five straight at home, after dropping their home opener to Toronto on Jan. 19.

Jakob Silfverberg scored for Ottawa (5-3-1), which was coming off a 1-0 loss in Carolina on Friday night.

Goalie Craig Anderson has not conceded a goal after the first period in eight games this season. The Senators outshot Montreal 32-31. THE CANADIAN PRESS



Canadiens blue-liner Raphael Diaz hits Senators defender Andre Benoit on Sunday in Montreal. THE CANADIAN PRESS

NHL. Penguins recover from bad bounce to trounce Capitals in D.C.

It was a game of disputed deflections and odd bounces, with the puck behaving more like that oblong ball with the laces more commonly associated with Super Bowl Sunday. The strangest carom of all came on a simple dump-in that hit a stanchion along the glass and went into a net deserted by a befuddled goaltender.

The Pittsburgh Penguins weren't fazed by that bit of misfortune that tied the game in the second period, just as the Washington Capitals couldn't take advantage of the stroke of luck. The third annual Super Bowl warm-up between the Eastern Conference rivals soon turned into a rout, with Chris Kunitz getting a hat trick in the visitors' 6-3 victory.

"I really like our team responding to that bad bounce that happened on the wall," Pittsburgh coach Dan Bylsma said. "Now it's 2-2 — and our team responded well with the penalty kill and getting some goals."

Kris Letang, Paul Martin and Matt Cooke also scored, Sidney Crosby had three assists, and Tomas Vokoun made 21 saves against his former team for the Penguins, who have won three straight and four of five to lead the Atlantic Division.

In a game that reflected both teams' fortunes so far in the lockout-shortened season, the Penguins had the luxury of spending the post-game talking about who actually should have received credit for their half-dozen goals.

Kunitz thought he scored four instead of three, saying he got his stick on the puck to redirect Martin's shot from the point in the first period. And Cooke was given a redirect goal on a shot from Deryk Engelland that seemed instead to hit Capitals defenceman Jeff Schultz.

"I didn't know they took the other one away from me," Kunitz said. "That's how it bounces. No one really cares around here.... We're worried about the two points." THE ASSOCIATED PRESS

Penguins captain Sidney Crosby, left, takes a hit from his Capitals counterpart Alex Ovechkin on Sunday in Washington. THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

♉ Taurus
April 21 - May 21
Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

♊ Gemini
May 22 - June 21
You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

♋ Cancer
June 22 - July 23
Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring– but also that bad thoughts could lead to bad things. It's your call.

♌ Leo
July 24 - Aug. 23
Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

♍ Virgo
Aug. 24 - Sept. 23
You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

♐ Sagittarius
Nov. 23 - Dec. 21
A domestic matter of some kind has to be dealt with – not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision – and make sure everyone follows it.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

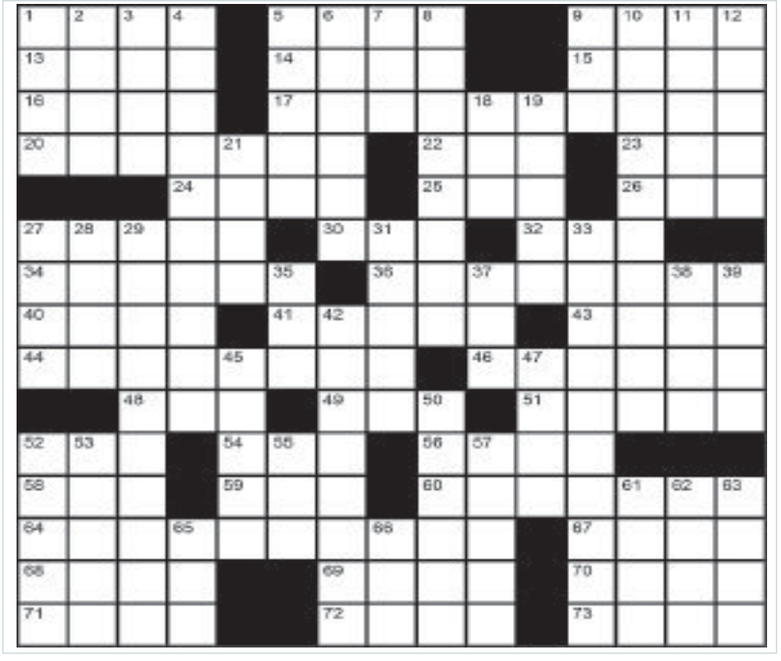
♒ Aquarius
Jan. 21 - Feb. 19
You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

♓ Pisces
Feb. 20 - March 20
Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

Crossword: Canada Across and Down

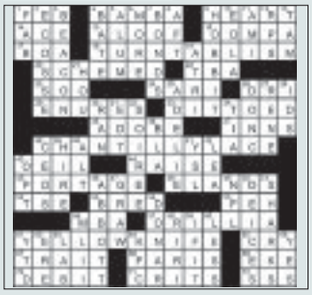
BY KELLY ANN BUCHANAN



Across
1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of __" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "__ _ __ a Witness" by Marvin Gaye
22. __ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The __ & Stimpy Show"
26. Faucet
27. Paul McCartney's nickname
30. __ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, __ __"
36. Carnaval de Quebec mascot
40. "__ __ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, __ _ _
48. Steve Nash's NBA team, on scoreboards
49. Cooking amt.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and __
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. __ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

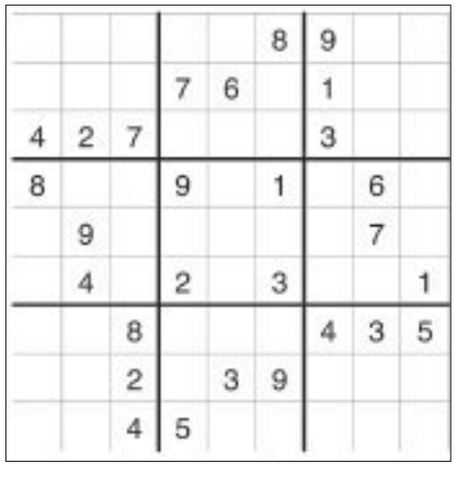
Down
1. Milwaukee, __.
2. "The Dame __ Experience"
3. Trim
4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep
19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here _ __, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio __ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valentine's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-__
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	9	1	3	5	6	8	7	2
7	3	6	2	4	8	5	9	1
2	8	5	9	7	1	3	6	4
8	7	2	6	9	3	1	4	5
1	5	9	4	2	7	6	8	8
3	6	4	1	8	5	7	2	9
6	2	3	8	1	4	9	5	7
9	1	7	5	6	2	4	8	3
5	4	8	7	3	9	2	1	6

Read metro your money every Tuesday for financial tips, trends and advice.
Only in Metro. News worth sharing.

LONDON'S Airport

The Power To Surprise!

KIA

2012/2013

SORENTO

7 PASSENGER SEATING AVAILABLE

TOP SAFETY PICK 2012
INSURANCE INSTITUTE FOR HIGHWAY SAFETY

2013

Rio

MOTORING 2012

"BEST SMALL CAR"

(under $21,000)

*See dealer for details.

KIA

LONDON'S Airport

Family owned and Operated

LIKE OUR FACEBOOK PAGE AND FOLLOW US ON TWITTER @LONDONSARPTKIA

(519)451-5555 • 2284 DUNDAS ST • kialondon.ca